TIGER MIXED MARTIAL ARTS & FITNESS FOUNDATION TILAK NAGAR DELHI.

Recognized by Ministry of youth affairs sports government of India International Olympic Committee, Delhi Olympic Association

4B/1, Metro Pillar No. 499 Tilak Nagar, New Delhi- 110058

Mob No. 8470979378/9999443678

https://mmatigers.com/

Step 1

Initial Assessment

- **Physical Fitness Testing:** Will Conduct baseline fitness tests for each age group **(3 TO 13,13 TO 18,18 TO 30, 30 TO 40,40 ABOVE)** to assess strength, endurance, flexibility, and cardiovascular health.
- Nutritional **Habits**: We will Review current food intake patterns from the mess menu and dietary habits.
- Mental **Well-being**: Evaluate stress levels, social engagement, and sense of purpose (through questionnaire).

The initial assessments will be done by two trainers: Mr. Gopi Roy, a 2nd DAN black belt in Karate with 9 years of teaching experience in MMA, kickboxing, gymnastics, self-defense, yoga, and running his academy in Tilak Nagar.

Mr. GOPI ROY, who has been working as an international fitness and nutrition coach for 5 years with high-end IT and finance professionals. He holds certifications in Personal Training from the American Council on Exercise and as a Nutritionist from the International Sports Sciences Association.

🥋 MMA Tigers – Martial Arts & Fitness Academy

Branches in Tilak Nagar, New Delhi

✅ Training Programs Offered

1. Mixed Martial Arts (MMA)

- For all ages, genders, and skill levels
- Personalized, professional coaching

2. Martial Arts Disciplines:

- 🥋 Karate
- 🥊 Kickboxing
- 🥋 Brazilian Jiu-Jitsu (BJJ)
- 🥊 Boxing
- 🤸 Gymnastics
- 🥋 Wushu
- 🥋 Taekwondo
- 🥋 Muay Thai
- 🥋 Judo
- 🥷 Weapons Training
- 🛡️ Self-Defence & Fitness Training

⭐ Special Program: "Save Us With Fighting"

A career-focused MMA training program with:

- Professionally guided MMA sessions
- One-on-one expert mentorship
- Fitness development and technique training
- Focus on building discipline, confidence, and physical strength

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🏫 Community Seminars

- **School Seminars:** Self-defense, discipline & confidence for kids
- **Office Seminars:** Stress management and self-defense for corporate teams

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📣 What Students Say

Rated ★★★★★ by numerous happy students!
Key praise for:

- Professional trainers (especially **Coach Gopi Roy**)
- Friendly environment for beginners and advanced learners
- Great for kids, youth, and fitness enthusiasts

📍 Academy Locations

- **Branch 1:** 4B-1, Tilak Nagar Metro Pillar No. 499 Opp. Side, New Delhi – 110058

- **Branch 2:** Shop No. 11/22, Double Storey, Shivaji Marg, Block 2, Tilak Nagar, New Delhi – 110058

📞 Contact & Enroll

- **Call/WhatsApp:** +91-8470979378
- **Email:** info@mmatigers.com | support@mmatigers.com
- **Website:** mmatigers.com *(Check for images, videos, testimonials & program details)*

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training with a professional trainer
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